



	Monday	Tuesday	Wednesday	Thursday	Friday
Literacy	A Splendid Friend Indeed After listening to the story, make a list of things you like to do and a list of things your child likes to do. Compare the lists. Talk with him about how some things on the lists are the same and some are different.	Corduroy Listen to the story with your child. Ask, "Who is the story is about? (characters) Where does the story happen? (setting) How does Corduroy feel at the beginning of the story? How does Corduroy feel at the end of the story?"	How to Lose All Your Friends Listen to the story read aloud with your child. Give your child a piece of paper and ask him to draw something he can do to be a good friend. Write what he says under his picture.	The Rainbow Fish After listening to the story, talk with your child about sharing. Ask her to talk about things that she can share with her friends.	How Do Dinosaurs Play With Their Friends? Listen to the story with your child. Ask him to draw a picture of something he likes to do with his friends. Write what he says under the picture.
Phonological Awareness	The Listening Song Sing along to reinforce ways to be a good listener: eyes are watching, ears are listening, voice's quiet, body's calm, this is how we listen at group time.	Flutter or Freeze Tell your child to pretend to be a butterfly. Call out directions, saying "flutter" or "freeze," encouraging her to look and listen using her whole body listening skills.	Mother Goose Have your child choose his favorite nursery rhyme to watch and recite together, or introduce him to your favorite!	Sound Spotters Go outside with your child, get comfortable, be perfectly still, quiet, and close your eyes. See if she can spot sounds using only her ears.	"Moo-Moo," Where Are You? Have your child cover his eyes. Sneak somewhere in the room and make a "moo-moo" sound. See if he can point in the direction of the sound without looking. Repeat.
Music & Movement	Who Let the Kindness Out? The Best of Friends Shake Your Sillies Out	My Happy Song Kindness Make New Friends	Have A Good Morning Kindness Is A Muscle Friendship Song	It's Time To Get Up Dancing Is Easy 1, 2, 3, 4	Friends 1, 2, 3 Freeze Dance Will You Be A Friend Of Mine
Math & Science	Shape Hunt Go on a shape hunt, notice the circles and squares that you see. Help your child draw a circle and a square when you get home. Talk about how the shapes are different.	Water Measuring Fill a small tub/bucket with water. Use measuring cups, measuring spoons, and plastic bottles to fill. Talk with your child about which cups, spoons, or bottles hold the most/least water.	Sorting Fun Help your child find 5-10 small toys, buttons, or other objects. Have him sort the objects by color, size, number of holes (buttons), number of legs (toy animals), or sort by other attributes.	Letter Count Make a list with your child of several family members. Help her count the number of letters in each person's name. Find who has the most/least letters in their name.	Make a Puzzle Find an empty cereal box (or a box for another food product). Cut the front of the box into 6-10 pieces for your child. Help him put the box front back together.
Motor Skills	Tweezer Trek Walk with your child around your yard and see what he can collect using tweezers.	Clothesline Have your child hang clothes using a pretend (or real) clothesline and clothespins.	Sous Chef Have your child prepare a snack by slicing a banana using a plastic knife or a spreader.	Personal Stylist Your child play "stylist" by styling her clothes. Practice with buttons, zippers, snaps, & shoe tying.	Playdoh, Here We Go! Have your child make the letters of his name by rolling and shaping each letter.
Social Emotional	Balloon Breathing Place your hands on top of your head, fingers laced. Breathe in through your nose raising arms, inflating an imaginary balloon. Release the air in the "balloon" by exhaling slowly. Talk with your child about how this relaxes you.	I See Me Have your child look in the mirror. Talk about what you see: color of her eyes, hair, etc. Have her draw a self-portrait.	MAD song Help your child voice and display how it feels to be mad. Develop strategies for expressing this emotion in a healthy way. Sing along with Daniel the Tiger...	Making Faces Sit facing each other. Make a face that shows an emotion. Have your child guess the emotion. Here are some ideas: sad, happy, angry, shy, surprised, afraid.	Coping Chart Brainstorm ways to cope with strong emotions. Make a chart of coping strategies. Breathing, counting, relaxation, yoga, exercise, etc. Post your chart as a reminder.